LINKS & RELEVANT TIPS FROM STUDENTS IN THE CHAT

Sconul

https://www.sconul.ac.uk/sconul-access?usertype=63%2C50&field_accepted_bands_tid=63%2C64%2C65%2C66%2C1572

STUDENT TIPS from the chat:

- Just a heads up, the uni near me need proof of address first so give them a call first to check what you need to take
- Sometimes if you need a certain book and it's in another library in your county, you can transfer them to your nearest one. Do bear in mind there may be a charge for this.

Time management OU help
https://help.open.ac.uk/time-management-skills
https://www.open.edu/openlearn/mod/oucontent/view.php?id=28143&section=4.1
https://www.open.edu/openlearn/health-sports-psychology/mental-health/time-management-and-study

Open learn courses on time management
https://www.open.edu/openlearn/education-development/university-ready/organisation-and-time-management-academic-study-skills
https://www.open.edu/openlearn/education-development/ten-tips-students-starting-university
https://www.open.edu/openlearn/local/ocwglobalsearch/search.php?q=becoming%20ou%20student

OU study with me Facebook

https://www.facebook.com/groups/845643519504519

Study with me YouTube videos

- https://www.youtube.com/watch?v=yZDtCrY2CUY&t=1654s

- **https://www.youtube.com/watch?v=sUwD3GRPJos&t=3329s**
- **https://www.youtube.com/watch?v=1ex_bNIFR1A&t=3204s**
- **https://www.youtube.com/watch?v=FerGgYXVXiw**

Forest: https://www.forestapp.cc/

STUDENT TIPS from the chat:

- I've tried the OU writing retreats a few times, that's been very useful to stop procrastinating.
- studytogether.com is good too when the OU group is quiet
- I heard on the radio that if you see your phone that affects your concentration (negatively). You can limit your time access to sites (or even block them, I imagine).

Pomodoro

https://en.wikipedia.org/wiki/Pomodoro_Technique

STUDENT TIPS from the chat:

- My Pomodoro-esque technique was 20 min study; 5 min break; 20 min study; 5 min break; 20 min study; 10 min break (then more of the same - but maybe the breaks should be longer after 3 x 20 min study)
- https://pomofocus.io/
- I use this pomo timer : https://play.google.com/store/apps/details?id=milki.focus.timer

STUDENT MOTIVATERS FROM THE CHAT:

- Graduation vids!! Inspiration/ Yes, the recent 93 year old graduating recently is definitely a motivator
- If I have had a really good study session, it motivates me to do more
- Good sleep
- I think about being more professional with a qualification and good pay

CITATIONS - STUDENT TIPS from the chat:

- Get it down in a rough format with the citations I intend to use then worry about the details
- Try doing citations as you go along on separate sheet and then just copy the ones you use over to reference list at end - saves a heap of time

- I use Zotero for citations and it is good.

Our Wordcloud:

Other student ideas from the session/ summary chat:

GENERAL TIPS & IDEAS: STUDENT TIPS from the chat:

- Sticky notes on the shelve above my desk
- Writing a list and checking things off
- To-Do lists app (Microsoft), or any other type. Teams tasks
- 4Ds Do it. Dump it. Delegated it. Do it less well.
- I use these planners every year: https://www.amazon.co.uk/gp/product/129243029X/
- I have the expensive Sony noise cancelling headphones and they have been worth every penny
- My boss used to put an apple on her desk to show she was not to be disturbed
- MUSIC: I have also used yoga/ calming music (Spotify) to help me focus
- Lo-Fi beats/ no lyric music
- My friends look at my big whiteboard diary and use it for coming round to visit so I put fake entries on there to stop them
- I use OneDrive and used to use GoogleDocs

- Our course has a chart showing you where the points are weighted
- Inform loved ones what you are doing

Specific terms that came up: STUDENT TIPS from the chat:

EISENHOWER: Eisenhower matrix / Stephen Covey/ Covey's quadrant

popularized the Eisenhower's Time Management Matrix in his book The 7 Habits of Highly Effective People

https://www.indeed.com/career-advice/career-development/covey-time-management-matrix

EATING THE FROG: STUDENT TIPS from the chat:

Eat that frog https://www.briantracy.com/blog/time-management/the-truth-about-frogs/ 7:1

Eat the frog is about prioritising that important thing you've been procrastinating and get it done first (i.e if you have to eat a frog every day then you eat it when you wake up so it's not hanging over your head all day)

eat the frog is a Mark Twain quote "if its your job to eat a frog , best do it first thing. If its your job to east two , best eat the big one first" or so I was told